

Information Promoting Success ZIPS For Public Health Professionals working with Kansas Kids Zero to age 21

KDHE
Bureau of Family Health
Children & Families



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Issues of Smoking During Pregnancy

Most people know that smoking is related to a greater risk of having cancer, heart disease, stroke and other major health problems. Smoking during pregnancy can cause additional health problems like prematurity of birth, cleft lip and cleft palate and sudden unexpected infant death/SIDS. Female smokers are more likely to experience difficulties in getting pregnant, miscarriage and problems with placental functioning.

Although quitting smoking is very hard for most people, the benefits to be gained are many. After a successful quit attempt, babies still in utero will begin receiving more oxygen via the placenta and will be less likely to be born early; and will be able to go home with moms versus receiving special treatment in a Neonatal Intensive Care Unit. Moms will receive the benefits of being less likely to develop heart disease, stroke, lung cancer and other chronic

diseases and will generally begin to breathe and begin to function better physically, socially and mentally.

Kansas resources for help with quitting smoking and use of tobacco products can be found through the [Kansas Tobacco Use Prevention Program](#).

Kansans have access to a toll free tobacco Quitline at 800-784-8669 or [KanQuit!](#)

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Trauma Toolbox for Primary Care

This six-part series was designed for primary care practice to help increase understanding of adverse childhood experiences (ACEs) and their impact on health. It provides suggestions for talking with families, identifying ways to prepare the medical home to address ACEs and other traumatic events and more.

- Adverse Childhood Experiences and the Lifelong

Consequences of Trauma

- Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting
- The Medical Home Approach to Identifying and Responding to Exposure to Trauma
- Bring Out the Best in Your Children
- When Things Aren't Perfect: Caring for

Yourself and Your Children

- Protecting Physician Wellness: Working With Children Affected by Traumatic Events

This project was funded through a grant from the Health Resources and Services Administration, Maternal and Child Health Bureau. The materials are available at [www.aap.org/trauma_guide](#).

Special points of interest:

- November is:
 - American Diabetes Month
 - National Child Mental Health Month
- Nov. 9-15 Mental Health Wellness Week
- Nov. 13 World Kindness Month
- Nov. 15 America Recycles Day
- Nov. 20 Great American Smokeout

Prematurity Awareness Month in November

Every November the March of Dimes sponsors events and promotes activities bringing awareness to the issue of premature births. Since 2003, they have promoted a prematurity awareness campaign.

A premature birth occurs anytime a baby is born sooner than 37 completed weeks of gestation. In comparison, most births occur at about 40 weeks of gestation. This seemingly small difference between what is considered premature birth and full term birth

is significant due to the rapid development that occurs throughout pregnancy. Full term births are associated with better overall health outcomes for mom and baby than those occurring before 37 completed weeks of gestation.

As part of the prematurity awareness activities, the March of Dimes releases an annual, *Prematurity Report Card*. A report card is provided with information on prematurity for the nation as a whole and for individual states to

compare how effectively they are addressing prematurity from year to year.

The March of Dimes is involved in activities to prevent prematurity, including:

- The *Healthy Babies are Worth the Wait* Initiative
- On-going research
- Advocating for legislation that has been shown to improve the health of moms and babies.

For more information, visit [March of Dimes Prematurity Campaign](#).

Ebola, Enterovirus D68 and Flu

To ensure the health of all children in child care and school settings, the American Academy of Pediatrics (AAP) recommends caregivers and teachers continue the current procedures already in place to manage infectious diseases (e.g. immunizations, infection control and proper exclusion practices).

Children with Enterovirus D68, for example, may have symptoms that look similar to children with the common cold, the flu or other respiratory viruses. Remember, it is not the job of caregivers and

schools to diagnose children.

There are steps that Child Care Providers, Facilities and Schools can take to prevent the spread of infection and illness, including having policies that encourage:

- Routine childhood and adult [immunizations](#)
- [Handwashing and hand hygiene](#)
- Infection control measures such as [sanitation, disinfection and maintenance](#)
- Sending a child home if the illness prevents him/her from

participating comfortably in activities, results in a need for care that is greater than staff members can provide (*without compromising the care of other children*) or poses a risk of harmful diseases to others

- Preparing in advance for infectious disease [outbreaks or epidemics](#)

By following these recommendations, you will be doing your part to maintain a healthy environment for all the children in your care, regardless of illness.

Varicella Outbreak Surveillance in Schools

The Kansas Department of Health and Environment (KDHE) will be collaborating with Douglas, Johnson, Sedgwick, Shawnee and Wyandotte County Health Departments in a project funded by the Centers for Disease Control and Prevention cooperative agreement to enhance and strengthen varicella outbreak surveillance in schools.

Kansas joins four other states and three large local jurisdictions funded for this project. This enhanced surveillance project will initially include 514 public and

private schools in the participating counties totaling a student population of over 240,000 children. In later years, surveillance will be expanded to include schools in other counties, Head Start programs and other large daycare centers.

An epidemiologist from the Bureau of Epidemiology and Public Health Informatics at KDHE will coordinate outbreak reporting and investigation among the participating county health departments. All varicella cases and suspect cases are reportable

in Kansas, in accordance with K.A.R. 28-1-2 and K.S.A. 65-118.

School nurses, teachers and administrators are all required to report cases of varicella occurring in their schools. This enhanced surveillance will help to determine the true burden of varicella in Kansas schools as well as evaluate the effectiveness of the two dose vaccine requirement/recommendation.

Questions about this project, contact Anne Straily at astraily@kdhks.gov or 785-296-5588.

Diabetes and Chronic Diseases in Women of Reproductive Age

Data presented at the European Association for the Study of Diabetes meeting revealed women who suffered gestational diabetes and subsequent stillbirth were nearly 50 times as likely as women with a normal pregnancy to progress to type 2 diabetes post-pregnancy. This statistic together with other negative health outcomes related to the prevalence of chronic disease in our society necessitates a call to action in addressing the prevention of such diseases.

It is important to not only keep abreast of the current data but to know where to go to find reliable information about how to help prevent chronic diseases like diabetes within various public health populations.

Kansas has produced a draft plan

to address various health issues that is out for public comment called, [Healthy Kansans 2020](#). Within this document is a list of 12 health focus areas. Two focus areas of particular interest are chronic disease and maternal, infant and child health. Links from both focus areas within Healthy Kansans 2020 connects one to the nation's health plan called, Healthy People 2020.

On the Healthy People 2020 webpage you will find a tab called, Interventions and Resources, which is populated with a host of ways to address chronic disease that others have successfully implemented. There is also a link to [Kansas Health Matters](#), which provides access to data to assist various community partners to learn about issues, identify

improvements and collaborate together to identify strategies and create objectives to measure progress toward improving the health of the community.

The United States Department of Health and Human Services, Office of Women's Health addresses the prevention and treatment of chronic diseases, diabetes and other health problems prior to pregnancy related to women of reproductive health population. [Health Problems before Pregnancy](#)

Another resource specific to the diagnosis, management and treatment of diabetes, digestive and kidney diseases can be found on the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) website: [NIDDK Health Information Page](#).

Help Your Friends Quit Smoking

The Centers for Disease Control and Prevention (CDC) continues its national efforts around tobacco education with the recent release of [Tips From Former Smokers \(Tips\)](#) - hard-hitting, new ads that

show the health problems caused by smoking.

The Tips national tobacco education campaign has helped hundreds of thousands of smokers quit since it began in 2012. This

year Tips returns with new ad participants living with the devastating effects of smoking-related diseases.

Share this with a friend and help them quit today.

Maternal and Child Health Staff Update

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Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.

[www.kdheks.gov/
c-f/index.html](http://www.kdheks.gov/c-f/index.html)



Resources

Hearing and Vision Training Website The November 2014 University of Kansas Medical Center Area Health Education Center's (KUMC-AHEC) continuing education calendar is now available at www.kumc.edu/ce-calendars. The calendar features continuing education opportunities for health care professionals throughout Kansas. To subscribe, email Michael Pommier at rpommier@kumc.edu or visit www.kumc.edu/ku-ahec.

Get Smart about Drugs Updated Website The United States Drug Enforcement Agency has re-launched their website Get Smart about Drugs. The site is designed for parents, educators and caregivers and provides information on identifying drugs and drug paraphernalia; physical, developmental and legal consequences of drug use; and talking to kids and teens about drugs. For more information: [Get Smart About Drugs](#).

Maternal Depression Toolkit from The United States Substance Abuse and Mental Health Services Administration (SAMHSA) has developed a new toolkit to be used by family service providers when working with mothers with depression. The toolkit is designed for community service providers in WIC, home visitation, Early Head Start, Head Start and other child care programs. It provides background information on depression and offers ideas for the staff in these programs helping mothers and families dealing with depression. *Depression in mothers: More than the blues—A Toolkit for Family Service Providers* <http://store.samhsa.gov/shin/content/SMA14-4878/SMA14-4878.pdf>.

Programs That Work, from the Promising Practices Network on Children, Families and Communities This document contains summaries of effective programs and practices for improving child, youth and family outcomes. Contents include primary evidence criteria; lists of programs by age of child and by type of setting, service and outcome addressed. This is available at www.rand.org/content/dam/rand/pubs/tools/TL100/TL145/RAND_TL145.pdf.

Concussion Resources

- The Kansas State High School Activities Association (KSHSAA) has an excellent concussion program outlined at www.kshsaa.org/Public/General/ConcussionGuidelines.cfm
- The CDC has great information on prevention: "Heads Up: Concussion in High School Sports" toolkit www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm.

The Human Papillomavirus Vaccine (HPV) is Cancer Prevention According to the National Immunization Survey (NIS), Kansas ranks among the lowest states when comparing Human Papillomavirus (HPV) vaccination rates for adolescents nationally. www.kfmc.org/the-human-papillomavirus-vaccine-is-cancer-prevention?acm=132_34.

Data Collection

Q What Program Number should I choose on a Client Visit Record (CVR) or in the KIPHS data system to report services for an infant (child less than one year of age)?

A If the service you are providing for an infant (less than one year of age) is a Kan-Be-Healthy examination, you would choose Program 7, Child Health on a CVR. For all other services provided for an infant, you would choose Program 4, Maternal and Infant (M&I) – Infant.

Reminder: Please gather up any available client data and make sure it gets entered into your data system and submitted to us as we approach the end of the year. In the case of those who report their data to us using paper CVRs, please bundle those forms together and mail them to us at least monthly, since we need to enter the data into the system manually. The later we receive your data, the longer it will take for us to generate the annual data reports.